



# MWR Newsletter

February 2005

Volume 2 Issue 2

## MWR Phone Numbers:

CFA Service Line	833-2005
ACS	833-2852
Arts & Crafts	833-2940
Bowling Center	833-2849
Eagle's Nest	833-5555
Gas Light Snack Bar	833-4446
South Towne Grill	833-4789
Outdoor Shop	833-3129
Physical Fitness Center	833-2159
Vending Hot Line	833-2727

**Monte Carlo  
Bowl on  
Saturday,  
February 19,  
at 7 PM!**

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Community & Family  
Activities

Building 1002  
Tooele Army Depot  
Tooele, UT 84074-5032  
(435) 833-2039

John Curwen  
Chief, Community & Family  
Activities

Circulation of the MWR Newsletter  
is 1400

Editor: Colleen Gordon X2861



Pictured, (L to R) Bob Vargas, last year's winner, passes the trophy to Frank Scharmann and Gary Putnam, co-owners of No Names, this years' Fantasy Football Trophy winners.

**NOTE: Pick up your tickets for the Eagle's Nest Annual Crab Crack & Dance on Friday, February 25, 2005. Dinner will be at 7 PM sharp! Tickets should be purchased no later than Thursday, February 17.**

## Newcomers Win In Their First Year of Competition!

by Ray Romero

The Tooele Fantasy Football League has just completed it's sixth season of play.

We had a record 14 teams that participated in the league this past year. The top four

made it to the play-offs this year with the following results:

### North Division

	W	L
JC's, coached by John Curwen	11	2
No Names, coached by Gary Putman & Frank Scharmann	10	3
Mo-Fo's, coached by Rick Speer	9	4
Mudhens, coached by Jeff Gillette	6	7
Dew Dudes, coached by Dewey Wickham	5	8
Sting Rays, coached by Jason Vargas	5	8
Who Cares, coached by Bob Vargas	4	9

(Bob was last year's defending champion)

### South Division

	W	L
Bulldogs, coached by Doug Wolter	9	4
Ankle Grabberzz, coached by Tom Turner	9	4
Nobodies, coached by Ray Romero	8	5
Ram-Jam, coached by Jeff Rydalch	6	7
River Bandits, coached by Lynn Allie	4	9
Richard's Ratzz, coached by Richard Trujillo	4	9
Me & U, coached by Pheba Pannunzio & Gary Porter	1	12

(Continued on Page 2)

(Newcomers win—continued from page 1)

The top four teams from each division made it to the playoffs this year with the following results.

#### First Round Games:

The Mudhens defeated the North Division winner JC's in a huge upset by a score of 74 to 47.

No Names defeated Mo-Fo's by a score of 68 to 45.



Ray Romeo presents this year's "Weekly Picks" award to Mr. Lynn Allie. He had 170 wins and 86 losses.

The Bulldogs easily defeated Ram-Jam by the score of 111 to 44.

In other first round action, the Ankle Grabberzz defeated Nobodies by a score of 54 to 32.

#### Second Round Games

The Mudhens were no match for the No Names who defeated them by a score of 55 to 40, moving them into the championship game.

In the other semi-final, the Ankle Grabberzz got a little revenge by defeating the Bulldogs by a score of 63 to 38 to set up the final showdown between the No Names and the Anklegrabberzz for the TFFL Championship Game.

In the game to determine 3rd and 4th place, the Bulldogs overwhelmed the Mudhens by a score of 81 to 30 capturing 3rd place, leaving the Mudhens in 4th place.

In the Championship Game, the No Names, coached by Frank Scharmann and Gary Putnam just had too much fire power and easily defeated the Ankle Grabberzz by a score of 90 to 49 to claim the coveted traveling trophy that each winning team gets to keep for the year.



The Fantasy Football Teams: left to right—Bob Vargas, Rick Spear, John Curwen, Richard Trujillo, Frank Scharmann, Doug Wolter, Gary Putnam, Lynn Allie, Pheba Pannunzio, Jeff Rydalch, Ray Romero, and Dewey Wickham. (Not pictured—Jeff Gillette, Tom Turner, Jason Vargas and Gary Porter.)

On Thursday, January 20, 2005, we had our awards get-together, bringing all the owners and friends together for some food and refreshments. A good time was had by all who attended. Pheba Pannunzio was one of the players who was really going to miss Fantasy Football, she said, "We beat rammer," and "Kinda miss making the weekly picks, I had a lot of fun." We look forward to seeing all of you next year....

One final note, Mr. Lynn Allie won this year's weekly picks with 170 wins and 86 losses. He won this competition by only one game over Tom Turner who had 169 wins and 87 losses.

## Arts & Craft Center

by Jan Kofford

Valentine Pot Luck" will be Saturday, February 26, 2005. Bring a food dish and enjoy half off all fees for Craft Center Activities! (Does not include framing or any retail activities.)

### NEW HOURS OF OPERATION:

Sunday—Monday    Closed  
 Tuesday—Thursday    2 PM to 7 PM  
 Friday—Saturday    10 AM to 5 PM

### Schedule for Classes:

Basic Pottery Skills  
 By appointment

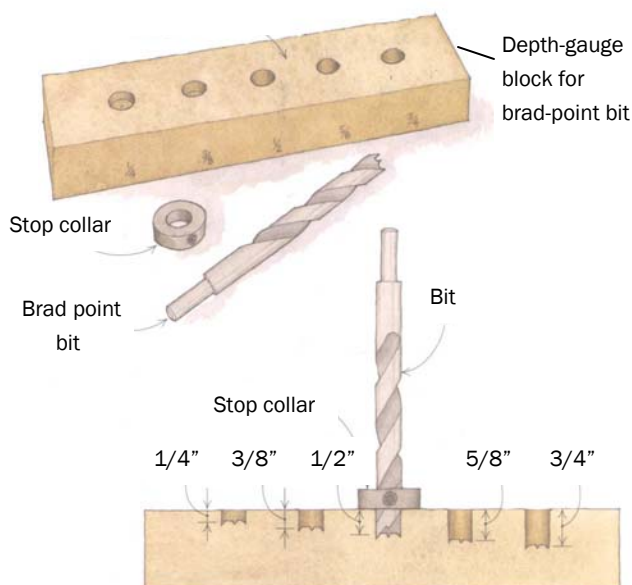
### Schedule for Certification:

All certifications may be made on another day by appointment—call 833-2940.

Ceramic Tec.    Tue—5:30—7:00 PM  
 Ceramic Cert.    Tue—5:30—7:00 PM  
 Wood Shop Cert    Thur—5:30—7:00 PM  
 Lapidary Cert    Thur—5:30—7:00 PM  
 Do It Yourself Framing by Individual Appointment

## Woodworking Tips: Drill-bit depth gauge saves time and improves accuracy

—Mike Dunbar, Fine Woodworking



## Outdoor Shop

### Gardening Season is Coming Soon

By Lita McLemore

It is almost time to put the snow shovels away and get out the roto-tillers! If you're in the mood to do a little lawn work, or pre-season garden preparation, consider stopping by the Outdoor Shop to check out some tools for those jobs. You can clean the debris from the windy winter and dispose of it by renting a Chipper/Shredder for only \$40 per day.

If you want to get the garden plot ready for planting, don't break your back with a spade and pick, rent a rear-tine or front-tine tiller for only \$10 per hour. You can get a healthy lawn with the use of a Lawn Aerator for only \$10 per hour, or if you have an older lawn, use the Power Rake in order to remove dead and unhealthy grass for a greener lawn. Come to building 1011 and see if this equipment might fit your needs or call 833-3129 for more information.



I drill a lot of same-diameter holes to a variety of depths. And to control the depth of cut, I add a stop collar to the bit.

But measuring the depth setting with a ruler can be fussy and time-consuming. Plus, there is always the risk of making a measuring mistake.

To make the procedure faster, easier, and more accurate, I built a few wooden depth-gauge blocks, one for each size and type of bit that I regularly use. The blocks are drilled to commonly used depths and then labeled (left).

Setting the depth takes just two quick steps. First, I place the bit in the appropriate hole. Then I slip the stop collar over the bit, butt it against the block, and tighten it in place.

—Mike Dunbar, Fine Woodworking



## Eagle's Nest

by Shauna Fox

### Eagle's Nest Special Dates

#### 25 Cent Wing Nights

February 3, 10, 17, & 24—Every Thursday

#### Second Annual Hot Wing Eating Contest

Thursday, February 17, 2005

#### Crab Crack & Dance

Friday, February 25, 2005.



### Sesame Shrimp Avocado Salad

2 teaspoons sesame seeds

2 tablespoons margarine

1 lb. shrimp, peeled and de-veined

6 cups assorted mixed greens

1 large orange, peeled and sectioned

6 radishes, sliced (optional)

Your favorite low-fat vinaigrette dressing

*In 12" nonstick skillet, toast sesame seeds over medium-high heat until golden, about 2 min. Remove sesame seeds and set aside.*

*In same skillet, melt margarine. Spread over medium-high heat and cook shrimp, sprinkled, if desired, with salt and ground black pepper, until shrimp turn pink, about 4 min. turning once.*

*To serve, arrange mixed greens on serving platter. Top with avocado, orange, radishes and shrimp. Sprinkle with toasted sesame seeds. Just before serving, drizzle with dressing. (Makes 4 servings)*

## February Lunch Menu

Tuesday, February 1, 2005

Lasagna w/Garlic Bread

Wednesday, February 9, 2005

Roast Beef Aujus

Thursday, February 17, 2005

Chef's Choice

Wednesday, February 2, 2005

Pork Chops w/Stuffing

Thursday, February 10, 2005

Chef's Choice

Monday, February 21, 2005

President's Holiday

Thursday, February 3, 2005

Chef's Choice

Monday, February 14, 2005

Baked Chicken Breast

w/FREE DESSERT

Happy Valentine Day!

Tuesday, February 22, 2005  
Spaghetti w/Meat Sauce & Garlic Bread

Monday, February 7, 2005

Salmon Tenders w/Lemon &

Tarter Sauce

Wednesday, February 23, 2005

Mexican Plate

Tuesday, February 8, 2005

Mexican Plate

Tuesday, February 15, 2005

Roast Pork w/Applesauce

Thursday, February 24, 2005

Chef's Choice

Wednesday, February 16, 2005  
Hamburger Steak w/Grilled Onions

Monday, February 28, 2005  
Country Fried Steak w/Country Gravy



**Rules for the “Lighten Up! Tighten Up!” Contest:**  
**Ask for a Lighten Up Card at the Eagle’s Nest. Fill out the back of the card and every time you purchase a “Choose Your Own Menu” lunch, your card will be stamped. When you obtain 6 stamps, you will receive a prize and be entered in the CFSC Grand Prize Drawing. Contest runs through Thursday, March 31, 2005.**  
**Call 833-5555 for more information.**

### **Broccoli Salad**

*3/4 cup nonfat mayonnaise  
 3 tablespoons sugar  
 1 tablespoon red wine vinegar  
 1 head broccoli  
 1 small red onion  
 6 slices bacon — cooked and chopped  
 1/4 cup pecans*

*Cut broccoli (including stem) into small pieces and blanch in boiling water for 3 minutes. Rinse with cold water and let drain. Finely chop red onion. Mix first 3 ingredients in bowl until well combined. Add broccoli and onions. Refrigerate 2 hours. Before serving add bacon and pecans. (6 servings, 2 points a serving)*



**The Eagle’s Nest is featuring  
 “Choose Your Own Menu” to  
 go along with the Lighten Up!  
 Tighten Up! Contest. (listed  
 below) at \$4.50 per meal**

### **Our New Salad Bar:**

Chicken Strips & Salad Bar

Tuna Salad & Salad Bar

Fajita Taco & Salad Bar

Mesa Chicken & Salad Bar

Mesquite Chicken Salad (un-breaded)

Or, pick the hot meat on the line and make your own salad

### **Sandwiches:**

Tuna Sandwich & Small Salad Bar

Bacon, Lettuce & Tomato & Small Salad Bar

### **Low Carb Sandwich:**

*(meat wrapped in lettuce w/o the bun)*

Grilled Chicken & Small Salad Bar

Bacon Cheeseburger & Small Salad Bar

Fajita Chicken & Small Salad Bar

Mesquite Chicken & Small Salad Bar

Crispy Chicken & Small Salad Bar

### **Specials:**

Baked Potato & Salad Bar

Steak (4 oz Top Sirloin) & Salad Bar

Halibut Tenders & Salad Bar

(See Newsletter for February Lunch Specials  
 or call 833-5555)

### **Grilled Chicken Caesar Salad**

*Prep Time: 15 Minutes plus marinating—Grill Time: 20 Min.*

*8 cups torn Romaine lettuce*

*1 lb. boneless skinless chicken breasts, grilled, cut into strips*

*1 cup seasoned croutons*

*1/2 cup Kraft shredded or 100% grated Parmesan cheese*

*3/4 cup Kraft Free Caesar Italian Fat Free Dressing*

**-Instructions:** Toss lettuce, chicken, croutons and cheese in large salad bowl.

**-Add:** dressing: toss to coat. Serve with fresh lemon wedges and fresh ground pepper, if desired.

**-Variations** - Prepare as directed, substituting 1 package (10 oz.) mixed or romaine salad greens.